



**Southwestern Virginia  
Training Center**

January-February  
2010  
Newsletter

# Parent Update

A Newsletter for Families of Those Residing at the  
Southwestern Virginia Training Center

## Christmas Time at SWVTC

Well it was another wonderful Christmas and holiday season. We had over 50 Christmas party sponsors come to the center bearing lots of gifts, treats, music, and of course the most important thing- Christmas cheer. The halls of the Training Center have been filled with fun and laughter from Thanksgiving to New Year's thanks to the generosity of our wonderful community partners and staff who give so much of their time and money to make sure that everyone here has a great Christmas and holiday season!!

The District 24-F lions came once again to bring Christmas and Santa Claus to the Training Center and with them they brought gifts which included paying for another year of cable channels, \$150 to each RLU to use for miscellaneous needs, and boxes of popcorn for 2010 movie parties. Morgan Shepherd once again brought his annual gift bags to everyone at the center filled with NASCAR hats, gloves, shirts, candy, mugs, books, and other goodies. Timmy B, Gary A, Larry H, Greg H, and Charles J all got a special treat this Christmas. Morgan Shepherd invited them to be guests with front row seats at the Kelli Pickler concerts held at the First Baptist Church in Galax on December 14th. The folks from Richmond

DMAS once again brought presents down that filled an entire cargo van. They sponsored 65 individuals and each one received a box filled with gifts. I think it is safe to say everyone had a great Christmas and received lots of awesome gifts!!!

Right: The Hillsville Intermediate School FFA brought gifts to 3A for Christmas.



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### Special points of interest:

- \* Check out all the Christmas and Holiday Fun we had!!!
- \* The youth really do a lot to brighten Christmas at SWVTC.
- \* Guida always has some elaborate scheme at Christmas to make everyone laugh!!



Rev. Payne and members of Coulson Church of the Brethren Women came out to 3B with silly Christmas hats, music, sherbet, and gifts to help get the guys in the Christmas spirit.

# Christmas Party Fun!!



On Dec. 13th Fairlawn Church of Christ had their annual Christmas Party at the center for the ladies of building 12B. They brought gifts, snacks, and did some caroling for entertainment. As you can see from pictures Patricia and Angela had a good time and really liked their gifts. Thanks again Fairlawn for your continued support!!!







The Folks of Mt Olivet UMC and Santa Claus came out to 4A to bring gifts, sing songs, and serve snacks. This year 4A asked that they bring homemade banana pudding and of course one of the ladies fulfilled that request. Everyone said it was delicious!!!



Pictured Right and Below: First Christian Church of Galax came to have their annual Christmas party on 3E/F Dec. 11th bearing gifts and snacks for all. The pastor of First Christian Church and his son also came out to help with the festivities.







The VFW Post 1115 and Ladies Auxiliary invited cottage 6D and 8A to their annual Christmas dinner. Our folks were the special guests and treated to a special meal consisting of roast beef, ham, potatoes, vegetables and desserts. Santa Claus arrived after dinner to present them with gifts and special treats for the cottage. A fun time was had by all!!!

Left pictured: Amanda A.  
Right pictured: Cheryl D.

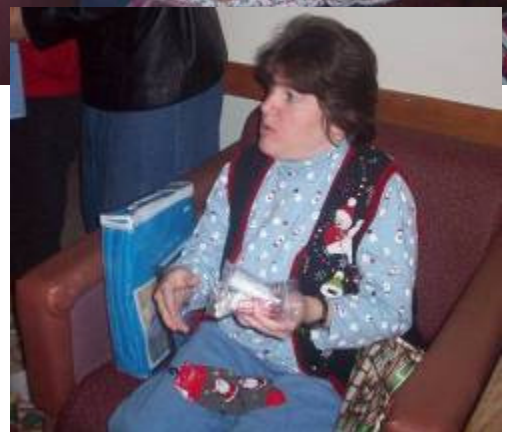


## .....And More Christmas Fun!!



Above: Ice and snow didn't stop the youth group of Poplar Camp Church of God from making their annual trip to the Training Center. They came with lots of gifts and sang a bunch of Christmas songs they had learned in Sunday School for the ladies of cottage 5B. They have been sponsoring 5B for over 15 years now!!

Right: Hope and Sara Beth enjoyed opening their gifts!!!

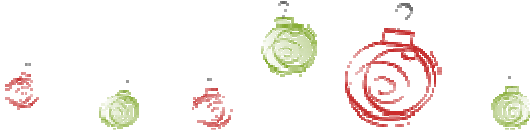


## The Youth gets involved in spreading Christmas joy at SWVTC

A lot of the youth really get involved in volunteering at the training center this special time of year. The Leo's Club which is made up of 8th and 9th graders from the Hillsville Intermediate School held fundraisers to enable them to go shopping and buy presents and snacks for cottage 6C. They came out fully prepared to have fun with Christmas CD's to listen and dance too!! Those guys sure do know how to have fun and all our Individuals had a great time kickin up their heels with them. The Hillsville First United Methodist Church Tweens brought a large group. Cottage 8B had a great time joking around and opening presents with them. The Jesus Christ Church of Latter Day Saints also brought a large group of youth to visit the guys on 8B. They brought lots of gifts, snacks, magazines, and books so that the guys won't get bored while staying inside for these next couple snowy months. A lot of the youth told me they had fun doing something special for our folks and can't wait to come back next year!!!



Pictured:  
Hillsville  
United Methodist  
Church  
Tweens helping  
John V  
open his gifts.



Pictured:  
The Hillsville  
Leo's Club  
dancing with  
Sam M on  
cottage 6C.







## Let's take a trip to Guida's House!!!



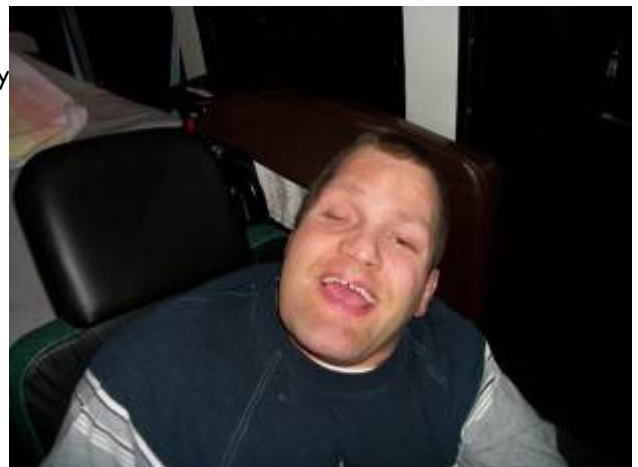
Every year Guida Poe (Physical Management Aide) plans a new Christmas Adventure for the Individuals of buildings 3 and 4. Guida spends many hours decorating her house with Christmas lights inside and out. All of her decorations are handmade and original. But not only does but she also has an elaborate scheme every year to make everyone laugh and be sure to have a great time!!

This year Guida FINALLY got a present from Santa, but can you imagine the look on her face when she opened it up and it was **A LUMP OF COAL!** And then she got into a tug of war with Santa Claus over his sack of toys (just ask Tony C, Travis B or Sharon D and I'm sure they will be happy to tell you the **WHOLE** story). She also threatened to take off with his sleigh and reindeer (I think she called the names of his reindeer, George, John, Fred and so on) so I guess there will be no more presents for Guida this year.....Well, there's always next year. Maybe if Guida starts now and is good through the upcoming year, she might, just might get a better present next year. Below are the pictures of their trip to Guida's house.



Left: Guida and Tony C- she doesn't know yet that all she got for Christmas was a lump of coal.

Right: Travis also went along for the ride.



Left:  
Some of Guida's Christmas decorations.



Guida and Santa- I guess they made up by the time they were ready to leave!!

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**LIFE at SWVTC**

**VISION:** Living  
Independently and  
Functionally Everyday

**MISSION:** Support Work  
Value Teach Communicate

## A Note From Abby

Well we made it through to the New Year!! What a wonderful and joyous Christmas and holiday season we had here. It seems that our community partners and staff just get more generous from year to year!! There were groups dropping off presents from Thanksgiving to New year!! I think everyone here had a great time and enjoyed all of the community interactions they had and also the many wonderful gifts. Thank you to all of you parents who sent so many Christmas cards and letters that also contributed to everyone's Holiday Happiness!! You guys are the best and we appreciate you for everything you do.

Keep in mind if you would like to see this newsletter in color and see all the happy faces a little bit better, you can do so by logging on to [www.swvtc.dbhds.virginia.gov](http://www.swvtc.dbhds.virginia.gov) and clicking on Parent Update on the left side of the page. Then you will be able to view the most current issue available. If anyone has any problems with this please give me a call and I will assist you with this process. Until next time Have a safe and Happy New Year!!

## Help for Parents and Associates Advocate Council (PAAC)

Our group needs your help! Is anyone interested in serving as President of the SWVTC PAAC? The duties include chairing PAAC meetings and occasionally representing PAAC at meetings or writing letters on behalf of the membership. The person who serves in this position will have assistance from the facility whenever needed. Please contact your Social Worker if you are interested.

**We need your help!!**

## The *Parent UPDATE* Goes Green

By Dennis Shrewsberry,  
Assistant Director of Administration

In keeping with our efforts to become a "green" facility, we are considering the introduction of an electronic alternative for future editions of the *PARENT UPDATE*. In addition to saving paper, the "e-zine" format would enable the use of color, insertion of links, and other possible enhancements (for those with internet access).

You may receive in the near future an offer to "opt in" to the new format, or to continue receiving your newsletter in its current format. Let us know your thoughts on this by calling or emailing Abby Adkins at 1-276-728-3121 or [Abby.Adkins@dbhds.virginia.gov](mailto:Abby.Adkins@dbhds.virginia.gov).